

‘Walk-to-School’ Program



The Hudson Transportation Management Association (TMA) works at lessening vehicular traffic and reducing toxic auto emissions in the air we breathe. We are encouraging parents to walk their children to school rather than drop them off by car. We can improve the health and safety of our children, as well as our own, by walking them to school as often as possible.

Walking...

- Promotes Physical Activity
- Protects our Environment by Cutting Down on Pollution
- Reduces Traffic Congestion Around our Schools
- Teaches Safe Walking Practices
- Encourages Families to Spend More Time Together

To bring the Hudson TMA Walk-to-School Program to your school call us at 201-792-2825 or e-mail at info@hudsontma.org.

Thomas A. DeGise
County Executive



Jay DiDomenico
Director

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www.hudsontma.org

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Useful Hudson County Commuter Contacts

NJ TRANSIT
(973) 275-5555

NY-NJ Port Authority (PATH Trains)
(800) 234-PATH

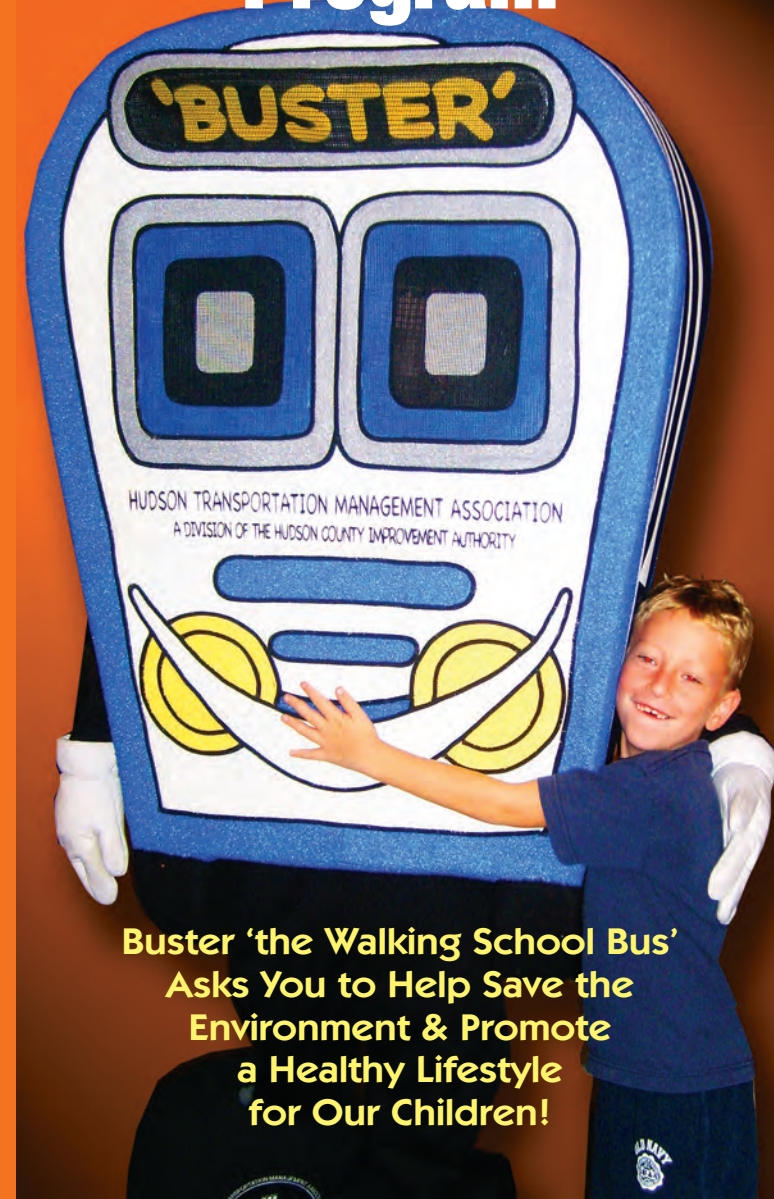
NY Waterway
(800) 53-FERRY

New Jersey Department of Transportation
(800) 245-POOL



The Hudson TMA's

‘Walk-to-School’ Program



**Buster ‘the Walking School Bus’
Asks You to Help Save the
Environment & Promote
a Healthy Lifestyle
for Our Children!**

HERE'S HOW IT WORKS:

Schools which are interested in encouraging children to walk can call the TMA to request our free "Walk More and Walk Safely" interactive presentation for students in grades K to 3. On the same day, to kick off the presentation, our mascot, "Buster the Bus," will provide a ceremonial walk with families one block from the school.

For a formal "Walking Bus to School" program, call and let us know you are interested. At no cost the TMA will outreach to families, meet with your PTA/PTO, organize walking groups, and plan the routes to school. The furthest family begins the trip walking towards school "picking up" other parents and children who are lined up at pre-arranged "bus stops."

The Hudson TMA's mascot, "Buster the Bus" will join in your first walk!!!

Students are rewarded with a fun and educational assembly – with prizes and teacher participation!

You can form your own "Walking Bus to School" with your children's friends and classmates. Call the Hudson TMA at 201.792.2825 for help in getting started.

WHY WALKING MATTERS...

Millions of school children from 37 countries celebrate International Walk Your Children to School Month each October. Walking to school promotes safety, health, concern for the environment and physical activity among children. It also affords families an additional opportunity to spend time together while teaching their children important pedestrian skills. Schools are encouraged to pick a day, a week, once a week or the entire month to celebrate the event and bring increased attention to these issues.

Childhood obesity rates have more than tripled in the past 30 years, while the number of children walking and biking to school has declined. According to the National Household Travel Survey, less than 16 percent of students between the ages of 5 and 15 walked or biked to or from school, compared to 42 percent in 1969.



Get your school involved today!